Thai Sweet Potato and Carrot Soup

3 T coconut oil or other neutral oil like canola

6 cups chopped yellow onion (about 6 medium onions)

6 cloves garlic, minced

3 T minced fresh ginger

6 tablespoons red curry paste

6 cups (48 oz.) low-sodium chicken or vegetable broth

3 cans (approx. 14 oz.) coconut milk

3/4 cup almond butter or peanut butter

9 cups diced peeled carrots (approx. 3 lbs)

9 cups diced peeled sweet potatoes (approx. 3 lbs)

1-1/2 teaspoons salt, plus more to taste

Freshly ground black pepper

Up to ¼ teaspoon cayenne pepper (optional, if you like spice)

Toppings: Minced fresh cilantro, Fresh lime juice

1. In a large pot, melt the coconut oil over medium heat. Add the onion, garlic, and ginger and sauté for 5 to 6 minutes, until the onion is translucent. Stir in the curry paste.
2. In a small bowl, whisk together some of the broth with the almond butter until smooth. Add the mixture to the pot, along with the carrots, sweet potatoes, salt, and remaining broth. Stir until combined.
3. Bring the soup to a low boil over medium-high heat and reduce the heat to medium-low. Cover and simmer for 15 to 20 minutes, until the potatoes and carrots are fork-tender.
4. Using an immersion blender, blend until soup is smooth. If you don't have an immersion blender, you can process the soup in batches in a regular blender or food processor. If soup is too thick, thin with water or broth.
5. Taste, and season with salt and black pepper. If you like more spice, add a pinch of cayenne pepper, and blend again. Ladle the soup into bowls and top with minced cilantro and a squeeze of lime juice.

Yield: 12 servings

To do ahead of our Zoom, if desired:

Chop onions

Peel and dice carrots and sweet potatoes